

Food & Sport Resources for teachers

Resources related to health and a varied diet

- **Sports Nutrition** – Australian Institute of Sport. This is the Institute's current advice regarding sports and nutrition, and would be more suited to older students or as background reading for teachers.
www.ausport.gov.au/___data/assets/pdf_file/0007/143386/CurrentConcepts.pdf
- **How much water in foods?** – A simple PDF chart containing water percentage values for a variety of common vegetables and fruits may surprise students: did you know that a tomato is 94% water?
www.ca.uky.edu/enri/pubs/enri129.pdf
- **Stone Soup** – This classic fable is here retold on YouTube. It's a fun trickster myth that can lead to discussions about how all the variety of ingredients in the soup add nutrients as well as flavour!
www.youtube.com/watch?v=uhaulTi9-BU

Resources related to the Olympic Games

- **Get Set London** – The official London 2012 education website with resources and games for different ages and abilities.
<http://getset.london2012.com/en/home>
- **Olympic.org** – the official website of the Olympic Movement, packed with data, images, news and videos.
www.olympic.org
- **Let's Get Cooking Around the World** – This website, based in the UK and partner to the official Olympic education website, Get Set, provides a recipe for a healthy dish from each of seven participating Olympic nations: Brazil, Canada, China, Great Britain and Northern Ireland, India and Mexico. The best part is that each recipe has been translated into a few languages and the focus of the activities is language learning. Ingredients are often readily available to Kitchen Garden Schools.
www.letsgetcooking.org.uk/CookingAroundtheWorld
- **Games from Around the World** – This fantastic PDF includes images and instructions for playing traditional games from nations around the world. Try 'cap dragging' from Azerbaijan, 'elastico' from Brazil and a host of games from Egypt, Uganda, Mozambique, Trinidad and Tobago, Malaysia more ... Suitable for a variety of situations, ages, group sizes and levels of physical activity. An excellent resource developed by the British Council, UNICEF and UK Sport.
www.london2012.com/mm/Document/Documents/Publications/01/25/38/67/london2012-compleategames_Neutral.pdf
A free **map of the world** shows where these games come from:
www.london2012.com/mm/Document/Documents/Publications/01/25/38/68/london2012-poster_Neutral.pdf
- **Nations Online** – Useful for Cook Your Way Around the World or the games and cooking links above. Includes maps and information about capital and historic cities, flags, languages, population figures and time zones. (Please note this site does carry some advertising.)
www.nationsonline.org/oneworld/index.html

- **(Video) Communication without words** – This video on Olympic Pictograms Through the Ages will be of interest to older students looking at graphic design:
www.nytimes.com/interactive/2010/02/24/sports/olympics/pictograms-interactive.html
- **(Audio) BBC Food Programme – Catering the Olympics** – This guest podcast looks at the catering arrangements for London 2012, including a look at how athletes' diets have changed over time, the effects of sponsorship – even the history of the days when athletes were expected to bring their own provisions.
www.bbc.co.uk/podcasts/series/foodprog/all#playepisode18

Picture Books about Food

- The University of Wisconsin has published a short list of **Books with Positive Nutrition Messages for Kids**, covering ages preschool–8 and 7–11.
www.uwex.edu/ces/wnep/specialist/nfl/mmpdfs/9809a.pdf
- Baer, Edith and Steve Björkman, 1995, *This Is The Way We Eat Our Lunch*, Scholastic, New York. Take a trip around the world to learn about the various lunch preferences of children from different cultures. Perfect for class openers if you are cooking your way around the world.
- Bernard Wescott, Nadine, 1998, *Never Take a Pig to Lunch and Other Poems about the Fun of Eating*, Orchard Books, New York.
A collection of 50 poems and traditional rhymes about food and eating.
- Browne, Eileen, 1999, *Handa's Surprise* (Read and Share), Candlewick Press, Somerville. A story about Handa, a girl in Kenya, walking to see a friend with a basket of seven delicious fruits balanced on her head. Handa contemplates the delicious properties of each item, thinking of her friend's tastes – but one by one the fruits are stolen and replaced with new treats. Good fun.
- Child, Lauren, 2000, *I Will Never Not Ever Eat a Tomato*, Candlewick Press, Somerville. Lola is a fussy eater. A very fussy eater. She won't eat her carrots (until her brother Charlie reveals that they're orange twiglets from Jupiter). She won't eat her mashed potatoes (until Charlie explains that they're cloud fluff from the pointiest peak of Mount Fuji). There are many things Lola won't eat, including – and especially – tomatoes. Or will she?
- Dooley, Norah, c1991, *Everybody Cooks Rice*, Carolrhoda Picture Books, Minneapolis. Searching the neighbourhood for his brother at dinner time, a child discovers the many ways in which rice is prepared in different households. An introduction to different cultural traditions.
- Ehlert, Lois, 1993, *Eating the Alphabet: Fruits & Vegetables from A to Z*, Sandpiper Books, San Diego. An A–Z review of vegetables and fruits. Good for new and enthusiastic gardeners still learning to recognise different produce.

